

Oldest living veteran still a warrior

Guinness recognizes him as world's oldest man

He was 27 years old when the Army drafted him to serve in WWI. Two months into training, the war ended, so on November 11, 1918 Emiliano Mercado del Toro became a bona fide non-combat veteran. Faithful to his two-month dedication to the military, Mercado remains a warrior to this day. On January 17 of this year, the Guinness Corporation included him in their world record book as "the oldest fully authenticated man in the world." Born August 21, 1891 in Cabo Rojo and currently living in Isabela, Mercado is now 114 years old. His life spans three centuries.

His health is excellent. He has no ailments requiring special treatment, though he suffers from conditions natural to his age. He can't walk (he fell 12 years ago and fractured his hip); he lost his sight due to cataracts, but he occasion-

ally moves from his wheelchair. Above all, he remains alert and keeps a positive attitude and sense of humor. Mercado still recalls some of his experiences while training for war. Prior to being drafted, he worked as an ox cart handler in the sugar cane fields in Hormigueros, where he got paid fifty cents per day. He recalls when the great earthquake of 1918 hit the island, remembering that one could not remain standing. In the San Ciriaco hurricane in 1898: "I was just a little kid and had to grab on to my father's pants so the wind would not carry me off." He also recalls "the shooting when the Americans invaded Puerto Rico and the Spaniards hid on the rooftops. I was there standing on a hill, watching what was going on." The secret of his longevity? "Eat a lot of *funche* (corn meal). That will keep your heart young ... just like mine!"



Don Emiliano Mercado del Toro, world's oldest veteran

EL MORRO



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DOIM-VI photo by Joe Bonet

FROM THE COMMANDER:



Give generously

The Combined Federal Campaign continues. If there is time I encourage you to think about participation in the CFC if you have not already done so. The participating agencies guide for Puerto Rico gives you plenty of options for giving, and I am sure you will find one you believe to be worthy of your help.

Our Citizen Soldiers

We have just welcomed home the 276th Ordnance from the theater of operations. I am sure you all join with me in extending our thanks to those soldiers and our salute for a job well done in the pursuit of freedom. This fine unit of the 65th Region Readiness Command can now return to its rightful place as citizen soldiers ready for future needs.

We are all blessed

This is the month of Thanksgiving. It has been a month in which we have buried three sons of Puerto Rico who have given their lives in the struggle for the soul of the Iraqi na-

tion. We must remember their sacrifice, the sacrifice of all the island's lost sons and daughters in this year and since operations began as well as all warfighters. As we gather around tables of plenty in thanksgiving for the blessing of God let us remember those who have lost much in defense of the ideals of the liberty of men and women. The world is blessed to have men and women willing to give their all.

Our values

As we give thanks let's reflect on our ethical responsibility. This is an issue we cannot revisit too often. If each of us lives our Army's values of Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity and Personal Courage we will always be sure we are on an ethical track. The spirits of the fallen demand it of us.

The Command Group and our families wish each and every member of the Ft Buchanan community a very blessed Thanksgiving.

Thanksgiving by the numbers

What many regard as the nation's first Thanksgiving took place in December 1621 as the religious separatist Pilgrims held a three-day feast to celebrate a bountiful harvest. The day did not become a national holiday until 1863 when President Abraham Lincoln proclaimed the last Thursday of November as a national day of thanksgiving. Later, President Franklin Roosevelt clarified that Thanksgiving should always be celebrated on the fourth Thursday of the month. Here are some Thanksgiving-related numbers:

256 million

The preliminary estimate of the number of turkeys raised in the United States in 2005. That's down 3 percent from 2004. The turkeys produced in 2004 weighed 7.3 billion pounds altogether and were valued at \$3.1 billion.

44.5 million

The preliminary estimate of the number of turkeys Minnesota expects to raise in 2005. The Gopher State is tops in turkey production. It is followed by North Carolina (36.0 million), Arkansas (29.0 million), Virginia (21.0 million), Missouri (20.5 million) and California (15.1 million). These six states together will probably account for about 65 percent of U. S. turkeys produced in 2005.

998 million pounds

Total pumpkin production of major pumpkin-producing states in 2004. Illinois, with a production of 457 million pounds, led the country. Pumpkin patches in California, Ohio, Michigan, Pennsylvania and New York also produced a lot of pumpkins: each state produced at least 70 million pounds worth. The value of all the pumpkins produced by these states was about \$100 million.

\$5.2 million

The value of U.S. imports of live turkeys during the first half of 2005 — all from Canada. Our northern neighbors also accounted for all of the cranberries the United States imported (\$2.2 million).

When it comes to sweet potatoes, however, the Dominican Republic was the source of most (\$2.3 million) of total imports (\$2.6 million).

13.7 pounds

The quantity of turkey consumed by the typical American in 2003 and, if tradition be true, a hearty helping of it was devoured at Thanksgiving time.

On the other hand, per capita sweet potato consumption was 4.7 pounds. (From the upcoming Statistical Abstract of the United States: 2006)



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Number of places in the United States named after the holiday's traditional main course. Turkey, Texas, was the most populous in 2004, with 496 residents; followed by Turkey Creek, La. (357); and Turkey, N.C. (267). There also are 16 townships around the country named "Turkey," three in Kansas.

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Number of places in the United States named Plymouth, as in "Plymouth Rock," legendary location of the first Thanksgiving. Plymouth, Minn., is the most populous, with 69,797 residents in 2004; Plymouth, Mass., had 54,604.

107 million

Number of occupied housing units across the nation — all potential gathering places for people to celebrate the holiday.

A labor of reverence and love

Fort Buchanan's Casualty/Mortuary Affairs team brings solace to families here and abroad.

The "Spielberg touch" is more than evident in that memorable scene 32 minutes into *Saving Private Ryan*. The mother at the kitchen sink looks out the window. A military vehicle approaches up the bend, stops in front of the house. She stares at it, her intuition dreading news she doesn't want to hear. But no, this must be something else. She steps out on the porch, and as the officers step out of the sedan, she knows. The director's stroke of genius downplays an intensely emotional moment into a quiet, almost imperceptible move: the mother falters, hesitates. Her feet shuffle slightly. She quietly sits on the porch floor.

Fade to black. Pause.

This reverential treatment of a very difficult moment has been played 34 times already in Puerto Rico since the Global War on Terrorism was launched, though with varying scenarios ranging from quiet acceptance to total denial.

The officials who have to step out of that sedan and personally deliver the regrets of the Secretary of the Army to a grieving family have their office on Fort Buchanan, their mission, as Casualty Assistance Official Tomás Montañez says, "is basically that of serving those who served and showing that we take care of our own."

Fort Buchanan's Casualty Assistance Office (CAO) reaches out not only to the island, but to an entire area of responsibility that includes the Caribbean and Central and South America. The two CAO officials, Montañez and Tomás Rivera, assisted by notification and sup-

port teams, have visited next-of-kin not only all over the island but also -in Panama, Jamaica, Trinidad-Tobago, St. Lucia, St. Thomas and the Dominican Republic. In countries outside US jurisdiction, the CAO seeks assistance from the military groups assigned to the US embassies.

"We receive notification from from the Department of the Army Casualty Operations Center in Alexandria, Va.," Montañez explained. "We then form a team that includes a Notification Officer and a Chaplain. The Officer formally notifies the immediate family; the Chaplain is there to provide spiritual support and either myself or Rivera provide assistance with details of the funeral and the benefits to which the next-of-kin are entitled."

Notification officers are selected from NCO (E-7 and above) and Officer ranks (with the exception of Lieutenants) to voice the formal notice: "The secretary of the Army has asked me to express his deep regret ... (and) deepest sympathy to you and your family in

your tragic loss."

Support extends throughout the entire process, from the notification and assistance with rights and benefits, to the reception of the remains at the airport. While not required by regulation, Fort Buchanan conducts a solemn military ceremony at the airport. "We could not effectively do this without the assistance of Fort Buchanan's Airport Liaison Official, Mr. Jesús Ozores, who efficiently manages all the necessary clearances with Ports Authority and Transportation Security Administration (TSA) authorities," Montañez said. Buchanan's Headquarters Company arranges for the necessary personnel for the reception and burial details. National Guard and US Army Reserve Soldiers assist in providing the support.

CAO support extends beyond the reception and funeral. After funeral services are completed, casualty officials assist the next-of-kin in making

applications for benefits and entitlements, both military and civilian. They then conduct frequent follow-up visits to ensure the family receives the entitlements and have learned to deal with the mourning. Chaplain and professional assistance is made available, if necessary.

This labor of love does not go unnoticed. Every three years, the Department of the Army's Casualty Assistance Center conducts inspections of all the CAOs. In the latest one, conducted two years ago, Fort Buchanan's CAO, was recognized as the # 1 CAO in the system for the quality of the services it provides.



Campaign instills 'Warrior Pride' to keep Soldiers substance-free

By Sgt. Ken Hall
Army News service

The Warrior Pride Campaign officially kicked off Armywide Oct. 24 to coincide with National Red Ribbon Week. The campaign is designed to standardize and incorporate Army Values and the Warrior Ethos in all substance-abuse awareness training.

The Warrior Pride Campaign hopes to instill and reinforce the belief that drug abuse and alcohol abuse violates Army Values and the Warrior Ethos and is incompatible with military service.

"As warriors of the United States, they should be proud of the job they do," said Dr. George P. Chagalis, director for the Army Center for Substance

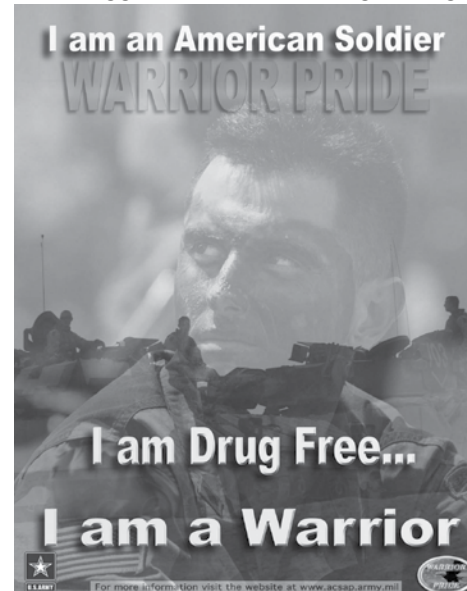
Abuse Programs. "They should be proud to be drug free and proud that when drinking, they do so responsibly."

Army Substance Abuse Program, known as ASAP, offices at installations worldwide will be participating in this campaign with information, posters, and other materials. The Warrior Pride campaign is designed to market ASAP through a logo Soldiers can display, Chagalis said.

"ACSAP decided to combine the kickoff of the Warrior Pride Campaign with National Red Ribbon Week, which draws worldwide attention to its program each year," said Chagalis.

The Warrior Pride marketing products include training materials for commanders and unit prevention lead-

ers. Support of programs like Warrior Pride, aggressive random drug testing



programs, and compliance with Department of the Army policies aim to enhance unit readiness and reduce the loss of our most valuable resource; the American Soldier, Chagalis said.

ACSAP is hopeful that all Soldiers will feel the pride of serving in the Army as a warrior, Chagalis said, and will realize that drug use and alcohol abuse is incompatible with Army values, the Warrior Ethos, and military service.

"The Warrior Pride Campaign should be visible within Army substance abuse programs throughout the Army," said Chagalis. "ACSAP will continue to develop training packages, posters and products utilizing the Warrior Pride logo and theme."

Are you putting our network at risk by forwarding internet hoaxes??

By Justin Gherke
DOIM Infomation Specialist

Network users are reminded that the following will NOT happen if you forward a message you receive to ten other people in your address book:

1. Bill Gates Is Not Going To Share His Fortune With You....
2. Disney is not experimenting with a new "Internet Protocol Tracking Database" and wants to send you and your family to Disney....
3. Abercrombie & Fitch will not send you a \$25.00 gift certificate for forwarding an email message...
4. The Coca-Cola Company will not send you any free cases of coke...
5. You will not earn credit towards a new Honda vehicle...

Additionally, users are reminded that the following items are not, to date, true, proven, or credible in any way, shape, or form:

1. The Swiffer WetJet does not contain antifreeze...
2. Parking lot carjackers are not placing flyers under rear window wipers...
3. UPS uniforms have not been sto-

len in bulk by terrorists...

4. There were no hypodermic needles found in any McDonalds' Playgrounds.

5. Gang initiations are not being conducted at gas pumps to collect body parts of women...

Many people have received email messages pertaining to the above topics or ones similar to them. Many times, a little common sense is all that's needed to discern truth from fiction. Many people, though, forward the message on with the preface "Just in case this is real...". The forwarding of these emails burdens network resources, both within and outside of Fort Buchanan. Message traffic such as this can theoretically cause a denial of service against ourselves, causing the loss of mission-related messages. In addition to burdening network resources, messages such as this waste thousands of man-hours per year. To put a price on the matter, let's do the math:

(1) Original sender to ten others = 10 Messages. (2) Recipients forwarding to ten others = 100 Messages. (3) Recipients forwarding to ten others = 1000 Messages. (4) Recipients forwarding to ten others = 10,000 Messages.

(5) Recipients forwarding to ten others = 100,000 Messages. (6) Recipients forwarding to ten others = 1,000,000 Messages.

\$50.00 (hourly employee salary including benefits) x 1/60 Hour = \$0.83. \$0.83 (one minute spent reading spam) + \$0.83 (one minute spent forwarding it to ten people) = \$1.66. \$1.66 (per employee) x 1,000,000 Messages = \$1.66 Million Dollars


In conclusion, it is essential for you to be part of the solution, not the problem.

If you receive an email, whose truth may be questionable, but the temptation to forward persists, please take a moment to check its validity at a website, such as the Department of Energy's Computer Incident Advisory Capability (CIAC) website, <http://hoaxbusters.ciac.org/>.

Doubts still persist? Contact the DOIM Help Desk at x5555 to open a

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PREPARED FROM PURE RATTLESNAKE OIL. THE ONLY COMPANY IN THE UNITED STATES THAT MAKES THE GENUINE ARTICLE. 50c a Bottle.

SNAKE-OIL LINIMENT

RELIEVES INSTANTANEOUSLY

AND CURES HEADACHE, NEURALGIA, TOOTHACHE, EARACHE, BACKACHE, SWELLINGS, STRAINS, SORE THROAT, SWELLING OF THE THROAT, CONTRACTED CORDS AND MUSCLES, STIFF JOINTS, WRENCHES, DISLOCATIONS, CUTS AND BRUISES.

It Quickly takes out the Soreness and Inflammation from Corns, Bunions, Insect and Reptile Bites.

The best External Preparation for BYCICLISTS and ATHLETES. It makes the Muscles supple and Relaxes the Cords. Loosens the Joints and gives a feeling of Freshness and Vigor to the whole System.

SNAKE-OIL LINIMENT CURES ALL ACES AND PAINS.

If you are suffering from Rheumatism, ALWAYS take LA-CAS-KA internally for the Blood and use SNAKE-OIL LINIMENT externally. When used together we GUARANTEE A CURE in every instance or MONEY REFUNDED.

If You Are Afflicted With DEAFNESS
Get Our Specially Prepared
PURE Rattlesnake Oil

WHAT A PROMINENT BUTCHER OF COTTAGE GROVE, OREGON, SAYS
The Yaquis Medicine Co. Dear Sirs--Please send me by express, U. S. D., two bottles of your Rattlesnake Oil Liniment. I have used one bottle of the LA-CAS-KA and one of the Liniment and am nearly cured of my rheumatism. It did me more good than anything I have ever used. I want to keep a supply always on hand. Yours resp'tly, W. H. BEAGLE.

THE YAQUIS MEDICINE COMPANY
SAN FRANCISCO, CAL. - - - PORTLAND, OREGON.

ticket with your question. The Information Assurance Office is happy to respond. Both the government website and the DOIM are at your disposal as a handy reference to identify known internet hoaxes, minimize unnecessary burdening of network resources, and prevent the spread of half-truths and hysteria to your family and friends.

As always, your cooperation and commitment to network security are not only greatly appreciated, but an integral part of our network security program.

Navy League Sea cadets recognized

By Dalisa Marrero
Naval Reserve Public Affairs

Five young Navy League Sea Cadets were recognized by the Navy Reserve Oct. 15 in Bayamón.

In the event, Miss Natalia López was awarded the Honor and Battalion Recognition Medal for outstanding performance. Also recognized were Leonardo López, Carlos Morales and Andrew Grassetto who obtained the Honor Cadet Medal Recognition. Finally, Cadet Vanessa Vélez was awarded the Honor League Cadet Medal.

This extraordinary group of young men and women was chosen from 105 cadets who took part in Boot Camp "Basic Training" held at Camp Santiago in Salinas. They completed the training with the

highest qualifications among all the cadets who participated.

The Navy League Sea Cadets of Puerto Rico was established in Puerto Rico in 1962. The goal of this non-profit organization is to mold character through military discipline. The League welcomes young men and women between the ages of eleven and eighteen. Depending on their age, there will be part of one of two categories: League Cadet or Cadet. The League Cadet is for eleven to thirteen years old participants and the Cadets, for fourteen to eighteen year old recruits. At this moment, there are four units on the island: Aguadilla, San Germán, Fajardo and San Juan.

The Navy League Sea Cadets strives to accomplish within its members these qualities: learning values,

independence, to be organized and responsible. By teaching these qualities, we can develop leaders. At the same time, acquiring physical and mental strength are important tools for a healthy self esteem.

As part of the process all cadets that enroll within a year must take a two week basic training that takes place in the summer at Camp Santiago in Salinas. They also have to pass certain subject courses like: Airmen, Seamen and Firemen. The



At the recognition ceremony: left to right: Ms. Lissie Feliciano, Instructor and Personnel Officer, LCDR Gerardo Burgos, Reginal Director, LTJG Brenda Jiménez, Administrative Officer, LTJG Juan Hernández, Executive Officer, LTJG Fautino Ortiz, Commanding Officer, Instructor Manuel Fuentes, Associate Operation Officer, LTJG Andrea Andino, Supply Officer, MID Mauricio Velázquez, Operations Officer, Instructor Ines Berrios, Assistant Supply Officer and LTJG Rivera Baltazar.

cadets can reach the rank of Chief Petty Officer. Once the cadets reach their eighteenth birthday, they can enlist in the armed forces as an E-3 or continue in the organization

as midshipmen before they become officers.

For more information about this organization you may contact Lieutenant Faustino Ortiz at (787)671-7790.

Buchanan's Dental Clinic closing

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The Fort Buchanan Dental Clinic is closing effective December 1, 2005 with a transition of active duty dental care to local community dentists. The Office of the Army Surgeon General approved the closure considering the availability of excellent dental care in the local community at no additional cost to active duty soldiers.

Family members who are enrolled in the Tricare Family Member Dental Plan will receive dental care thru United Concordia.

The TRICARE Latin America and Canada (TLAC) office is your link (<http://tricare15.army.mil/prico15.shtml>) to accessing active duty dental care.

Procedures are streamlined to ensure active duty patients requiring care only have to contact the Humana Military Puerto Rico Call Center at 1-800-700-7104 to receive an authorization for dental care.



The Humana Call Center will recommend a network dentist to the Active Duty member or the member may select a general dentist from the web at www.humana-military.com (Click on "Tricare Puerto Rico" and then on "Network Provider Locator") prior to calling.

The Humana Call Center will then provide the member with an authorization number and the member then calls the dentist for an appointment.

After receiving the authorization and selecting a provider, care can be rendered.

Care exceeding \$500 requires approval from the TLAC office. In these cases, your dentist should call the Humana Call Center who will coordinate the care with TLAC.

For emergency dental care, if possible, call the Humana Call Center at 1-800-700-7104 first. After duty hours, get treatment from network

dentist then call the Humana Call Center the first working day after care for authorization notification.

Patients will personally maintain their individual dental record while stationed in Puerto Rico.

Coordination is currently underway between the Fort Buchanan Dental Clinic and unit personnel staff to ensure dental records are returned to patients as soon as possible for their maintenance.

As an alternative, patients are invited to the Fort Buchanan Dental Clinic to retrieve their individual dental record. Soldiers will maintain their own dental records in a similar manner as recruiters throughout the armed services and return them to active duty dental clinic custody upon reassignment.

If you have questions regarding the closure of the dental clinic, please call the Chief of the Fort Buchanan Dental Clinic at 787-707-5083.



... and a horrible time was had by all!!

What started out as a 'nice to have' small affair that perhaps would not have too much impact became one of the best ever parties on Fort Buchanan, and everyone's talking about it and asking for even more next year.

In a joint effort by the Rodríguez Army Health Clinic (RAHC) and Morale, Welfare and Recreation (MWR), on Friday, Oct. 28, the Community Club was transformed into a haunted house, trick or treat and monster ball site with fun activities for everyone in every facility. The Haunted House also



served to raise funds that were donated to the Antilles High School graduating class. "We couldn't have done (the Haunted House) without the help of the soldiers from the Medical Retention Processing Unit (MRPU)," said RAHC Commander, Col. Margarita Aponte. "They did all the hard work (of setting up the Haunted

House). Our 'medholds' really went all the way to make this a success. The fun began at 2 p.m. with the opening of the Haunted House and other activities for the smaller kids at the main ballroom, with snacks and music donated by MWR. Later in the



evening, El Conquistador was opened for the teens to have their own Halloween party while all the adult monsters, spooks, ghouls, kings, queens, cowboys, prisoners and other assorted characters --over 200 of them -- gathered in the Disco to lose their inhibitions and party until the wee hours of the morning. Door prizes were

given, and a contest was held for the Most Original Costume. (First prize was won by Lt.Col. Maribel Rivera, who dressed up as a well-known green-bottle lager beer.) The party was supposed to last, quite appropriately, at midnight, "but the Club was gracious



enough to let them stay until 1:00 a.m.," Aponte said. "We were totally and very pleasantly surprised," said MWR Director Freddie Giddens. "It far surpassed our expectations. The Club was packed wall to wall."

"We already have people asking us if we're going to organize another Halloween party next year," Aponte said. "Judging from this year's success, I think the answer will be yes."

3rd ID honors PR casualty on Veterans Day

FOB SPEICHER, Iraq – Soldiers from 1st Brigade Combat Team, 3rd Infantry Division gathered to honor one of their own for Veterans Day. The 1st BCT dedicated their headquarters building November 11 to Cpl. Aleina Ramirez, Headquarters and Headquarters Company, 1st Brigade, 3rd Infantry Division, Brigade Troops Battalion, who died April 15 in an indirect fire attack on Forward Operating Base Dagger near Tikrit.

Lt. Col. Douglas Victor, 1-3 BTB commander, said today's dedication was to honor Ramirez along with all of America's veterans.

"Because Corporal Ramirez earned our respect as a person and as a soldier it is only fitting to set aside something permanent in her name," said Victor

during the ceremony.

"As we celebrate Veterans Day, Corporal Ramirez is obviously one of those American veterans that accepted her responsibility to do something for her country and to defend freedom," said Victor.

During the ceremony a plaque and photo of Ramirez was placed on the building in memoriam.

Ramirez, from Hormigueros, Puerto Rico, first enlisted as an administrative specialist with the Puerto Rican National Guard in 1992 and joined the active duty ranks in 2004. During Operation Iraqi Freedom III she was assigned as a 1-3 BTB battalion personal security detachment member.

The 1st Brigade, 3rd Infantry Division, Brigade Troops Battalion color guard stands ready during a building dedication and Veterans Day ceremony at FOB Speicher, Tikrit, Iraq. The 1st BCT Headquarters building was dedicated to the memory of Cpl. Aleina Ramirez, a Soldier in 1-3 BTB, who was killed in action April 15 during an indirect fire attack on FOB Dagger near Tikrit.





Boricuas in action! -- Clock-wise from top left, photos of Puerto Rican Soldiers serving in Iraq: (1) PFC Melvin Cotto, from Caguas, an electrician in civilian life now serving with C Co., 1/295th IN BN. When asked what is the one thing that has made the deployment to Iraq more bearable, Cotto replied, "the food! It's pretty good and the weather is so hot so it's a motivation for us to eat good. Without a hot chow you get stuck with MREs." (2) Maj. Ricardo Santiago, from San Juan, commander of the 3rd Finance Co in Camp Liberty, signing one of the new Dinar checks being issued there. (3) Sgt. Kevin Pantoja, a Puerto Rican combat medic assigned to Headquarters and Headquarters Troop, 3rd Squadron, 3rd Armored Cavalry Regiment, during sick call hours at the squadron aid station. US Army photos provided by DVIDS.



CHANGE OF COMMAND -- Lt. Cdr. Omar E. Jana (right), commanding officer of the Navy Reserve in Puerto Rico, congratulates LTJG Faustino Ortiz, new commanding Officer of the Navy League Sea Cadets of Puerto Rico, during a Change of Command Ceremony held Oct. 15 in Bayamón. Ortiz took over for Lt.Cdr. Jerry Burgos. See related information on page 4.

HONOR ROLL

As of November 16 the following units from Army Reserve and National Guard Puerto Rico -- a total of 1,961 soldiers -- were deployed in Active Duty in the various theaters of the nartion’s global war on terrorism. A salute to our heroes!

246 QM BN DET5	AGUADILLA	Army Reserve
246 QM BN MORT AFF EAC	AGUADILLA	Army Reserve
311 QM CO COLLECTION DET 2	AGUADILLA	Army Reserve
311 QM CO COLLECTION DET 3	AGUADILLA	Army Reserve
311 QM CO COLLECTION DET 4	AGUADILLA	Army Reserve
597 QM CO FLD SVCS DS	BAYAMON	Army Reserve
2-348/2-87 TSB DET 2	CAGUAS	Army Reserve
348 DT RGT 02 BN 2 BDE 87 DIV DET 4	CAGUAS	Army Reserve
DET 3 2-348 2-87 TSD	CAGUAS	Army Reserve
1 BN 2 BDE 350 RGT 87 DIV DET 5	FT ALLEN	Army Reserve
276 CS CO MAINT NONDIV DS	FT ALLEN	Army Reserve
166 ASG DET 1	FT BUCHANAN	Army Reserve
166 CS HHC AREA SPT GP CS	FT BUCHANAN	Army Reserve
271 AG CO POSTAL DET3	FT BUCHANAN	Army Reserve
271 AG CO POSTAL HQS	FT BUCHANAN	Army Reserve
271 AG CO POSTAL OPS PLT	FT BUCHANAN	Army Reserve
65 REGIONAL READINESS CMD DET 11	FT BUCHANAN	Army Reserve
65 REGIONAL READINESS CMD DET 12	FT BUCHANAN	Army Reserve
65 REGIONAL READINESS CMD DET 6	FT BUCHANAN	Army Reserve
65 REGIONAL READINESS CMD DET 9	FT BUCHANAN	Army Reserve
65 RRC DET 10	FT BUCHANAN	Army Reserve
65 RRC DET 13	FT BUCHANAN	Army Reserve
DET 1 PRARNG ELEMENT, JF HQ	FT BUCHANAN	National Guard
918 MO CO	HATO REY	National Guard
1-350/2-87 TSB DET 3	JUANA DIAZ	Army Reserve
35 SC BN TELECOM AREA DET 4	JUANA DIAZ	Army Reserve
840 OD CO MAINT NONDIV DS	JUANA DIAZ	National Guard
DET 4 1-350 2-87 TSD	JUANA DIAZ	Army Reserve
295 IN 01 BN CO C	JUNCOS	Army Reserve
313 AG CO POSTAL HQ DET 3	PONCE	Army Reserve
369 MD HSP CBT SUPPORT HSP DET 1	PUERTO NUEVO	Army Reserve
369 MD HSP CBT SUPPORT HSP DET 2	PUERTO NUEVO	Army Reserve
807 SC CO SIG CO CBL WIRE	PUERTO NUEVO	Army Reserve
296 IN BN 01 CO B FWD 4	SABANA GRANDE	National Guard
1065 MD CO AREA SPT	SALINAS	National Guard
125 MP HHD BN FWD, PR	SAN JUAN	National Guard
126 AV CO DET1 CO G MAINT EAC	SAN JUAN	National Guard
PR MEDICAL CBHCO FWD	SAN JUAN	National Guard
PRARNG ELE JFHQ FWD 11	SAN JUAN	National Guard
PRARNG ELE JFHQ FWD 14	SAN JUAN	National Guard
PRARNG ELE JFHQ FWD 17	SAN JUAN	National Guard
PRARNG ELE JFHQ FWD 26	SAN JUAN	National Guard
PRARNG ELE JFHQ FWD 33	SAN JUAN	National Guard
PRARNG ELEM JFHQ FWD 22	SAN JUAN	National Guard
PRARNG ELEMENT JF HQ FWD 27	SAN JUAN	National Guard
PRARNG ELEMENT JF HQ FWD6	SAN JUAN	National Guard
PRARNG ELEMENT JFHQ FWD 28	SAN JUAN	National Guard
PRARNG ELEMENT JFHQ FWD13, RQ	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD S	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 20	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 24	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 29	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 30	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 32	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 34	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD 35	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD7	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD8	SAN JUAN	National Guard
PRARNG ELEMENT, JF HQ FWD9	SAN JUAN	National Guard
PRARNG ELEMENT, JFHQ FWD 16	SAN JUAN	National Guard
PRARNG ELEMENT, JFHQ FWD 36	SAN JUAN	National Guard
W8BC PRARNG ELE JFHQ FWD 10	SAN JUAN	National Guard

Best float competition!

Would you like to participate in the Holiday Celebration parade on Dec. 2 and win a prize for Best Float? Floats will be judged on originality, theme presentation and enthusiasm. The theme is “Santa Visits the Tropics,” but you can also use a Holiday theme. Your may decorate your car, bike, child stroller, wagon or whatever, as long as it has wheels! For information, call 707-3778 or visit Bldg. 1018-C, Buchanan Heights.

Army Education center announces major changes

By Sally Devin, ESS,
Army Education Center

The USAG Army Education Center began Oct. 1 the new fiscal year with both new procedures for obtaining education services and a new location.

Fort Stewart will be providing online education counseling and processing of Army Tuition Assistance for active duty soldiers island-wide in Puerto Rico and in the Virgin Islands.

In addition, contract support at Fort Buchanan will provide general information and testing services co-located with the 65th Reserves Education Center in Building 399.

Soldiers interested in basic skills and GT improvement will be able to participate in the Lifetime Library Program soon available through the 65th Army Reserve Command. Family members, and other military service members will also be served with general information, testing services, and basic

skills in our new location.

Procedures for Soldiers to obtain Educational Counseling include sending an email to: counselor@stewart.army.mil. Counselors are also available by phone DSN: 870-8331/1939 or commercial (912)-767-2498/2516.

Active Duty Army Tuition Assistance requests will be accomplished through the Internet as follows: 1) Go to the installation website at www.stewart.army.mil; 2) on the left menu side, click on "Services"; 3) select "Education and Training Services"; 4) from the menu on the right side of the page, select "Tuition Assistance Online"; 5) read and follow the instructions to obtain T.A.

You may also go directly to the link through <http://www.stewart.army.mil/IMA/sites/services/educationta.asp>.

Send the resulting DA Form 2171 with both Soldier and Commander signatures, along with the signed Statement of

Understanding by email to TA@stewart.army.mil or by fax to DSN 870-1097/4298. Soldiers without DSN capability may fax commercial to (912)-767-1097.

The Fort Stewart eArmyU office will handle inquiries for eArmyU assistance, including enrollment, removal of holds, recoupment, and other non-technical issues.

Technical and college specific issues will remain with the eArmyU Help Desk at telephone 1-800-817-9990. For assistance from the Fort Stewart office, Soldiers should e-mail as follows: eArmyU@stewart.army.mil or phone commercial (912) 767-3635; DSN 870-3635.

For testing services at Fort Buchanan, contact Nancy Ramos at (787) 707-4354 or email nancy.ramos1@usar.army.mil or nancy.ramos1@us.army.mil. The test examiner's phone number is (787) 707-2831.



Congratulations for a job well done!

Ms. Maria Quidgley, accounting technician at the Troop Issue Subsistence Activity (TISA) is retiring Dec. 2 after 28 years of service. Her entire period of service has been marked by exemplary support to the Garrison, Fort Buchanan since Feb. 22, 1977.

Quidgley assisted with excellence and professionalism in the execution of Food Service Program for the command. She has provided subsistence support to the Army, Air Force, Navy Reserve, Puerto Rico and US Virgin Islands National Guard, US Army South and the US Army Garrison for regional exercises such as Caribbean Thunder, New Horizons, and Tradewinds. Particularly noteworthy was the exceptional support provided to contingency operations in support of the Global War Against Terrorism; Desert Shield/ Desert Storm, Operation Enduring Freedom and Operation Iraqi Freedom.

Her individual job performance, dedication, and selfless service have helped support the security of the Nation during a critical time in history, with devotion to duty and a spirit of sacrifice, in keeping with the proud tradition of Civil Service. ¡Vaya con Dios!

Exchange Online Store now features Outdoor Superstore

Shopping for outdoor sports equipment for military nature enthusiasts and their families just got easier with the newest addition to the Exchange Online Store, Outdoor Superstore. Authorized customers can now choose from a broad selection of products and accessories for hunting, camping, archery, freshwater fishing and other outdoor activities.

With more than 50,000 items, the Outdoor Superstore's product line includes electronics, trolling motors, optics, clothing, boots and camping equipment.

"Outdoor Superstore caters to those who enjoy outdoor activities and pursuits, whether they prefer boating, camping or fishing," said AAFES Vice President, Direct Marketing, Angela Borck. "Outdoor Superstore is an easy way for authorized customers to find items not otherwise available in the Exchange or Exchange Online Store basic assortment."

Authorized customers can log on to www.aafes.com, sign into the Exchange Online Store and click the Outdoor Superstore link.

Pentagon Channel adds 'Podcasting' to product line

On Nov. 7, the Pentagon Channel added 'podcasting' as a means of distributing the channel's military news and information targeted to the men and women in uniform.

"We are excited about leveraging technology that allows for more programming choices for our men and women in uniform," said Allison Barber, deputy assistant secretary of defense for public affairs. "Harnessing this new technology enhances our goal at the Pentagon Channel to communicate relevant, timely and credible military news and information to the men and women of the military."

'Podcasting' is a method of publishing audio broadcasts via the Internet, allowing users to subscribe to a feed of new files - usually MP3s. There is no cost to subscribe, and broadcasts will be delivered straight to the subscriber's computer desktop. Files can be either listened to on the computer or loaded on

to an MP3 player. The word 'podcasting' combines the words broadcasting and iPod™, and can be misleading since listening to podcasts requires neither an iPod™ nor any portable music player.

The Pentagon Channel broadcasts military news and information for and

about the 2.6 million members of the U.S. Armed Forces -- Active Duty, National Guard and Reserve. Broadcasting 24-hours-a-day, seven-days-a-week, the Pentagon Channel helps ensure that U.S. forces remain the best

informed in the world.

Today, more than one million service members on more than 267 military bases, camps and installations in the U.S. can watch the Pentagon Channel. It is also available to the 700,000 service members and their families serving in 177 countries overseas via the American Forces Radio and Television Service

(AFRTS).

The Pentagon Channel also reaches more than 12 million households through commercial distribution via commercial satellite and cable systems nationwide.

The Pentagon Channel can currently be viewed on Fort Buchanan's Ch. 15 (WBUC-TV, the post's command information channel), installations worldwide, on the Internet and through cable and satellite systems in the United States. Buchanan also has two radio stations broadcasting American Forces network (AFN) programs on 540 AM and 93.1 FM.

For more information on podcasting, as well as viewing the Pentagon Channel streamed live, visit <http://www.pentagonchannel.mil>. All you need to get started is podcasting software. Once you download and install the software, simply subscribe to the Pentagon Channel podcast feed located at <http://www.PentagonChannel.mil>. The podcasting software will automatically check for updates and download the files to your computer so you can load them onto your MP3 player. Some available free podcasting software: iTunes (PC/Mac); iPodder (PC/Mac/Linux).





1st Lt. Joe Linhart, from the 490th Civil Affairs Battalion, 155th Brigade Combat Team, speaks to the leaders of Diyarrah, with assistance from an Iraqi translator, in an effort to gauge the effectiveness of the Iraqi Army, since U.S. troops turned over security of the city to them.



Spc. Robert Block, from the 104th Long Range Surveillance Detachment, 2nd Brigade Combat Team, 28th Infantry Division, and two Iraqi infantrymen, patrol Ramadi.

Your Army



2nd Lt. Kristy Bischoff gives a balloon to a young earthquake survivor at the 212th Mobile Army Surgical Hospital in Muzaffarabad, Pakistan.



Spc. Andrew Heath, a fuel specialist from 1st Squadron, 17th Cavalry Regiment, Task Force Liberty, loads a rocket pod on an OH-58D Kiowa helicopter prior to a patrol.



District of Columbia National Guard troops carry the casket of civil rights pioneer Rosa Parks, which was lying in honor at the Capitol Rotunda. Parks' refusal to give up her seat on a bus in Montgomery, Ala., in 1955, led to her arrest and helped galvanize the civil rights movement.



Soldiers from the 3rd Armored Cavalry Regiment patrol an area in Tal Afar, Iraq, where a suicide bomber killed and injured dozens of civilians. The Soldiers, along with others from the 82nd Airborne Division also assisted and comforted the victims and their relatives.

in action



Soldiers from the 814th Engineer Company, 3rd Battalion, 7th Cavalry Regiment, 3rd Infantry Division, conduct a combat mission on the Tigris River in south-eastern Baghdad.

Post to offer free tax return preparation for you by volunteers

Puzzled by the tax law or which credits and deductions to take? Need assistance with your tax return?

You may want to visit a volunteer site. The IRS Volunteer Income Tax Assistance (VITA) Program offers free tax help if you qualify. *Assistance on Fort Buchanan will be offered beginning in January.*

Trained community volunteers can help you with special credits, such as Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly for which you may qualify. In addition to free tax return preparation assistance, many sites also offer free electronic filing (e-filing). Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper – even faster if you have your refund deposited directly into your bank account.

The VITA Program offers free tax help to low- to moderate-income (\$37,000 and below) people

who cannot prepare their own tax returns. Volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing. To locate the nearest VITA site, call 1-800-829-1040.

Military personnel and their families get free tax help!

The military is one of our strongest partners in the Volunteer Income Tax Assistance (VITA) Program. The Armed Forces Tax Council (AFTC) consists of the tax program coordinators for the Army, Air Force, Navy, Marine Corps, and Coast Guard. The AFTC oversees the operation of the military tax programs worldwide, and serves as the main conduit for outreach by the IRS to military personnel and their

families.

Marines, airmen, soldiers, sailors, and guardsmen, and their families worldwide get tax preparation help at offices within their installations. These VITA sites provide free tax advice, tax preparation, and assistance to military members

State returns if available

Bank Routing Numbers and Account Numbers for Direct Deposit

Other relevant information about income and expenses

Total Paid for Day Care

Day Care providers Identifying number

The Installation Legal Office is requesting volunteers for the upcoming Tax Season (16 January - 14 April). Training will begin on 10 January and end on 12 January and will be open for fifteen volunteers.

After successful completion of the training, all volunteers will be VITA certified. Point of contact for additional information is CW2 Mays at 707-5145.

and their families. They are trained and equipped to address military specific tax issues, such as combat zone tax benefits and the effect of the new Earned Income Tax Credit (EITC) guidelines. The military tax programs generated over 392,000 electronic 2003 federal income tax returns.

Commanders support the program by detailing service members to prepare returns and by providing space and equipment for tax centers. The IRS supports these efforts by providing tax software and by training service members to prepare taxes at the military sites.

Most service members file their tax returns electronically at their tax centers and, by selecting direct deposit, receive their refunds in as little as one week. This combined effort ensures that service members receive free tax assistance from well-trained and equipped military tax preparers.

Items you need to bring to the VITA/TCE Sites to have your tax returns prepared

Must bring photo identification Social Security Cards for you, your spouse and dependents

Birth Dates for primary, secondary and dependents on the tax return

Current year's tax package if you received one

Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers

Interest and dividend statements from banks (Forms 1099)

A copy of last year's Federal and

To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

It is extremely important that each person use the correct Social Security Number (SSN). The most accurate information is usually located on your original social security card.

Each year hundreds of thousands of returns are delayed in processing or credit/deductions are disallowed because names and Social Security Numbers do not match Social Security Administration records. To prevent processing delays in paper returns and rejected electronically filed returns, volunteers check the accuracy of each Social Security Number, as well as the spelling of the name associated with the number.

If you or your dependent are not eligible to get a Social Security Number you may need an Individual Taxpayer Identification Number (ITIN).

If you have not received your Forms W-2 from your employer and want to know what to do, you may obtain information here.

There are payment options available when using IRS e-file.

If you owe, you can make a payment (by April 15) by authorizing an electronic funds withdrawal (direct debit) from a checking or savings account, paying by credit card (Discover Card®, American Express®, MasterCard® or VISA® Card), or by check or money order (made out to the United States Treasury) using Form 1040-V, Payment Voucher.

PASSWORD CONSTRUCTION

A burglar is protected from identification by wearing gloves. Similarly, your password is a primary means of protecting our information from unauthorized access. By choosing passwords that are difficult to guess you can help provide a more secure environment for our information.

Did you know that the average password can be "guessed" in less than ten seconds using today's technology? The typical password is a name, date, or well-known fact about you.

Let's not take any chances. Creating effective and easy-to-remember passwords is easy when you start with a common, everyday object and apply the following tips:

- Include numbers and letters
- Create acronyms for a favorite saying or song
- Don't use names or personal information
- Use upper-case and lower-case letters
- Use at least ten characters
- Avoid words found in the dictionary
- If possible, use special characters such as x\$T!oTBn2

AWARENESS IS THE KEY TO SECURITY





Military family members “expecting a call” in December

“Keep the line open, I’m expecting a call.” If this holiday season is anything like the last, these words will be heard with increasing frequency in the homes of military families around the world. During the 2004 holiday season, deployed troops steadily increased their phone usage at Army & Air Force Exchange Service (AAFES) phone centers positioned throughout Operations Iraqi and Enduring Freedom.

The increase in minutes used from October to November 2004 was a subtle 3 percent, but usage in December spiked 43 percent from 10.7 million minutes to 15.7 minutes logged.

“We typically see phone usage go way up during the holidays,” said AAFES’ Chief of Corporate Communication Lt. Col. Debra Pressley. “Deployments have magnified this in recent years and the general public has responded by sending thousands of Military Exchange Global Prepaid Phone cards. Americans seem to understand the importance of a phone call home during the holiday.”

Numbers from AAFES’ “Help Our Troops Call Home” affirm that Americans don’t easily forget troops and their families left alone during the holidays. Last December, ‘Help Our Troops Call Home,’ a program that allows anyone to send Military Exchange Global Prepaid Phone cards to deployed troops through www.aafes.org or 1-800-527-2345, brought in 42,384 phone cards for troops deployed in support of Operations Iraqi and Enduring Freedom.

No month since has come close. In fact, since last December “Help Our Troops Call Home” has only distributed 45,493 phone cards. “It has been 10 months and the program has barely surpassed the support generated in that 30 day period last December,” said Lt. Col. Pressley.

“Help Our Troops Call Home” delivers an instant morale boost with phone cards that offer up to two hours of talk time for calls placed from any of AAFES’ 69 call centers in Iraq, Afghanistan, Kyrgyzstan or Kuwait. Anyone can send a Military Exchange Global Prepaid Phone card by logging on to www.aafes.org and clicking on the “Help Our Troops Call Home” logo or calling 1-800-527-2345. From there, the phone cards are sent to individual Soldiers, Airmen, Sailors or Marines (designated by the purchaser) or distributed to “any service member” through the American Red Cross, Air Force Aid Society, Fisher House or USO.

“Tonight in places like Baghdad, Bagram, Mosul and Kabul there are young American troops walking point for their squad, their battalion, for their military and their Nation,” said Lt. Col. Pressley. “This is a position of great danger and responsibility. It is to them and their families’ future that ‘Help Our Troops Call Home’ is squarely focused.”

BRAC deadline expires

DoD to begin closures, realignments

By Donna Miles
American Forces Press Service

The Base Realignment and Closure Commission’s recommendations for reshaping the Defense Department’s infrastructure and force structure officially took effect at 12:01 a.m. Nov. 9 after Congress allowed them to pass into law at the mandated Nov. 8 deadline.

Fort Buchanan was spared the process. Even in the realignment portion of the recommendations for Puerto Rico, the Department of Defense (DoD) proposal addressed Reserve Component units and facilities, leaving Buchanan untouched. In fact, DoD stated: “*BRAC ‘05 recommendations expand the Reserve Component command and control, training support and mobilization missions at Fort Buchanan.*”

DoD recommended, and the BRAC Commission accepted, closing one and realigning four Reserve centers throughout the island, and relocating them to Fort Buchanan. These recommendations are now law.

The nine-member BRAC panel delivered its final report to President Bush Sept. 8, and he, in turn, sent it to Congress for legislative review Sept. 15. Congress had 45 legislative days, until Nov. 9, to accept or reject the report in its entirety. However, it was not authorized to make any changes to the final report.

By statute, the Defense Department now has until Sept. 15, 2007 -- two years from the date President Bush sent Congress the BRAC commission’s final report -- to begin closing and realigning the installations as called for in the report. The process must be completed by Sept. 15, 2011, DoD officials explained.

The 2005 BRAC recommendations represent the most aggressive BRAC ever proposed, affecting more than 800 installations, officials said.

The four previous BRAC rounds -- in 1988, 1991, 1993 and 1995 - resulted in 97 major closures, 55 major realignments and 235 minor actions, according to DoD figures. Overall, closing and realigning these installations saved taxpayers around \$18 billion though fiscal 2001 and a further \$7 billion per year since, officials said.

BRAC 2005 is being called an important milestone in restructuring DoD’s domestic base structure to improve efficiency and operational capabilities. It also supports plans to move thousands of U.S. forces currently serving overseas to within the United States as part of DoD’s new global positioning strategy, officials said.

After months of study, installation visits and public hearings around the country, the nine-member BRAC panel approved 86 percent of DoD’s original BRAC recommendations -- 119 with no change and another 45 with amendments, the panel noted. The panel also rejected 13 recommendations, significantly modified another 13, and made five additional closure or realignment recommendations on its own initiative.

Of DoD’s 33 major closure recommendations, the panel approved 21, recommended seven bases be realigned rather than closed, and rejected five recommendations outright. In addition, the commission recommended closing rather than realigning another installation, for a total of 22 major closures.

Many of the transformational recommendations in the

report, particularly those to establish joint operations, will present significant challenges as they are implemented, officials acknowledged.

Detailed business plans will be developed for every BRAC recommendation, laying out what actions are required to implement them, when they will occur, and what resources are needed to put them into effect, officials said. Affected services and agencies must submit these plans by Nov. 15 to the DoD Installation Capabilities Council, which will review them and forward them to the Infrastructure Steering Group for approval.

Meanwhile, DoD is poised to begin working with civilian employees and communities to be affected by the BRAC decisions. DoD has a long and successful history of helping its civilian workers impacted by base closings, officials noted. This includes programs that promote placement, training, retraining and transition to new positions.

Since 1989, DoD has reduced its civilian work force by 428,400 people, with less than 10 percent of those reductions through involuntary separations, officials said. DoD’s Priority Placement Program, which officials call the centerpiece of DoD’s Civilian Assistance and Re-employment programs, gives defense employees placement priority at other DoD facilities.

DoD’s Office of Economic Adjustment will take the lead for the federal government in helping communities affected by base closures and realignments, working cooperatively with the President’s Economic Adjustment Committee, officials said.





'ICE' stands for the Interactive Evaluation (ICE) Program. This is a simple-to-use, web-based tool, available at Fort Buchanan that is taking the guesswork out of customer satisfaction. It is available to anyone from any computer with internet connectivity, on or off the installation, 24/7. To provide feedback on our services, go to the Fort Buchanan web page, <http://www.buchanan.army.mil/first.htm>. and click on the ICE icon.

Customer Comments:

****** During the truckers strike a couple of months ago I went out to FT B gas station just barely before closing and the manager (and the DOD Police) stayed a little after hrs to make sure all in line got our fuel. I am very proud of that commitment of Ft Buchanan Service Station. I have never got that little extra at Ft Richardson and Ft Wainwright, AK. Usually they put the cones out 10 minutes before closing or just shut the lights and pumps off. I am very pleased to shop there.

****** Recently there have been a lot of people walking around the fitness center in clothing not appropriate for the facility or equipment users. Just today as an example, during the afternoon spin class, offered there, the instructor herself took off her shirt and was conducting class in a sport bra only. That alone is not in professional taste, yet she sweated all over not wiping down the equipment. Many times I see women in the evening wearing nothing but a sports bra and not modestly either. I approached the staff today to ask what the dress code was for the fitness center and was told there isn't one. I know that Col. Ackman has a standard for facilities on this installation. I watch the males at the facility and no matter how hard they sweat, what they play, they always adhere to the dress restriction of keeping their shirts on. I believe all patrons should have to adhere to the same (or close to) rules of use. After the women get up from machines that their bare back or stomach has touched, sweating, I don't even want to go near it. This is just bad business and more work for the fitness center employee's to clean for no good reason. I think with a little notice or message posted that the patrons could respect the equipment and facility more.

**** Fitness Center Responds:** *Thank you for your patronage of our facilities in letting us know about your concerns on the Fitness Center's dress code. We regret the inconvenience you experienced in our facility. We revised the dress code for the Fitness Center and it is in route for approval. Again, thank you for your sponsorship.*

Customer Comment:

There's a growing encroachment of advertising banners and signs around post. Banners are now being placed even at the Main Gate entrance. This looks tacky, in poor taste, and detracts from the post's professional appearance. Advertising should be off-limits at the gates and entrance areas. It should be confined to the commercial zone. Please help improve the appearance of the post!

DPW Responds: *Thank you for your observation. DPW will initiate action with Fort Buchanan Directorates and organizations to remove advertisement banners that do not comply with the Directorate of Public Works policy letter, page 3, item e, "MOTIVATIONAL SIGNS: No motivational signs and/or banners shall be placed at/or near any of the installation access gates." The Policy letter is posted in the Fort Buchanan P drive.*

Stop, look, listen: 'situational awareness' can save your life

SITUATIONAL AWARENESS: The processing and assimilation of information about the things and events around you

PAY ATTENTION: Paying attention is the most important driving task. Virtually, all collisions involve inattention on the part of one or both drivers. Paying attention makes it possible for you to see, recognize, and avoid the hazards lurking on the road; these are the three basic elements of defensive driving. Paying attention helps create the time you need to recognize hazards and avoid collisions.

AVOID DISTRACTIONS: Some of the most common driving distractions are eating, drinking, applying make-up, talking on cell phones, adjusting the radio or changing CD's, dealing with rambunctious or misbehaving kids, or even just talking to passengers. Paying attention, to include avoiding distractions, can become a habit, but you have to work at it. Connect your mind to your eyes and work at consciously analyzing what you see while you drive. We call this "situational awareness".

FOOD FOR THOUGHT: Figure out about how much distance your vehicle is covering during the time you are distracted—at about 1.47 feet per second for each mile-per-hour you are driving, you can easily see how important it is to keep your mind and eyes on the road and your hands on the wheel! At 60 miles per hour, for example, every second that elapses you cover almost 90 feet (60 X 1.47 = 88.2)—all while you might be fumbling for the CD you dropped!

LOOK DOWN THE ROAD: Most people only focus 5-8 seconds down the road, but your focus needs to be 15-20 and farther if you can see. This gives you the time to recognize and avoid most potential hazards before they become a problem. You'll

see lane restrictions or construction areas, traffic congestion, truck entrances, mishaps, etc. Drivers should see, and be mindful of, everything around them on both sides, ahead, and to the rear. Don't concentrate on any one thing in your field of view for more than a second. If you allow your eyes to remain fixed on any one thing, your peripheral vision immediately begins to narrow down into "tunnel" vision—and you lose your ability to detect movement to the sides. Keeping your eyes moving prevents this from occurring. Your vision is perhaps the most important tool you have while driving. Use it effectively! Look as far down the road as possible, and use a scanning motion to take in and analyze everything that is happening around you or close enough to be a hazard.

CREATE SPACE: Guard your safety by actively creating space around your vehicle. Never allow yourself to get "boxed in." Adequate space creates time and helps you avoid collisions. Maintain at LEAST three seconds of following distance during normal driving condition. More space is needed in adverse weather conditions. It is an error to think you cannot leave the appropriate space in heavy traffic. Don't tailgate and don't allow yourself to be tailgated. Even when stopped for a light, leave room in front so you can pull away if the car ahead stalls or doesn't move, or if you need to move because of danger approaching from behind.

YIELD ANYWAY: "No-body ever yielded their way into a collision." If you are in doubt about who has the right of way, give it away. The other guy may be wrong, but you can end up hurt or dead. It is said, "No one HAS the right-of-way until it is yielded to them." If



there is uncertainty about which vehicle should have the right of way, give the other guy the road. When it comes to driving safely, it's not the principle, but the outcome, that counts.

SPEEDING: Speeding increases your risk in two ways: it cuts your reaction time and results in more "stored" energy (that must be dissipated in any collision). You should consider if the risks are worth the gain (I would venture to say that 99.9% of the time, if you're really honest with yourself, the answer will be NO!). The faster you're going, the harder you're going to hit an object during a collision. A defensive driver chooses a speed matching traffic flow as closely as possible without exceeding speed limits. Speeding often doesn't save much time. In urban areas you rarely if ever save time.

FOOD FOR THOUGHT: On the Interstate where you really can save some time by speeding (provided you don't get pulled over), the difference between 65 mph and 80 mph over 50 miles is only 8.7 minutes. Big deal! Most lights in urban areas are on timers. For example, Downtown XYZ is set for 35 MPH so if you 35 MPH you'll hit all the lights on green. Drive faster than that and you'll simply spend more time waiting at red lights, wasting fuel, wearing down brake pads, and accumulating just a little more stress in your life for no good reason or gain.



CHAMPIONS -- It was Army vs. Air Force at the Fort Buchanan 05-06 Adult Volleyball League playoffs as the Puerto Rico Air National Guard and 65th Regional Readiness Command teams collided Oct. 31 at the Buchanan Fitness Center. The Air Guard team (photo, left) prevailed, becoming the overall league champions. The



first game went to the Army (65th RRC team, shown right) and the decisive game was taken by the Air Force (PRANG) after a three-set interchange of spikes and blocks. Also participating in the league were teams from the US Coast Guard, the Warriors, 432nd and 2-348th.

DoDEA students' math and reading scores above national average

ARLINGTON, VIRGINIA – On October 28, the Department of Defense Education Activity (DoDEA) announced the mathematics results from the National Assessment of Educational Progress (NAEP) which were administered from late January to early March in 2005. The Department of Defense (DoD) fourth and eighth graders scored above the national average. For the first time, the domestic and overseas school systems within DoD participated in NAEP as a single jurisdiction.

Eighth grade students in DoDEA earned the sixth highest math score in the nation at 284, six points above the national average of 278. DoDEA's eighth grade average was eight points below students in the top ranked state of Massachusetts (292). At the fourth grade level, math scores for DoDEA students earned the eighth highest

score in the nation at 239, two points above the national average for math. DoDEA's fourth grade average was eight points below their peers in the top ranked state of Massachusetts (247). The mathematics national score ranks from 2000 and 2005 show some improvement for DoDEA 8th grade students and consistent performance for fourth graders.

African American and Hispanic students in DoDEA continued to score at or near the highest in the nation when compared with their stateside counterparts at both grade levels tested in mathematics. Hispanic eighth graders in DoDEA continued to score higher than the national score for all students. Math scores for fourth graders in DoDEA continued to improve from 2000 and 2003.

In the reading assessments, the DoD fourth and eighth graders scored significantly higher than the national average. Eighth grade students in DoDEA earned the second highest reading score in the nation at 271. DoDEA eighth graders scored below Massachusetts (274) and one point ahead of Maine, New Hampshire, and North Dakota (270). DoDEA eighth graders scored 11 points above the national average of 260.

At the fourth grade level, reading scores for DoDEA students earned the third highest score of 226, behind Massachusetts with a score of 231 and New Hampshire and Vermont with scores of 227.

The reading national score ranks for DoDEA 4th and 8th grade students in 2002, 2003 and 2005 show consistently high performance over time.

At the fourth grade level in 2005, African American students in the DoD schools scored above the national average for all students. African American fourth graders achieved a score of 218, which is above the national average of 217 for all fourth grade students nationwide.

Hispanic students in DoDEA continued to lead their counterparts throughout the nation. In addition to achieving the highest or 2nd highest scores among their stateside counterparts, DoDEA Hispanic students at fourth and eighth grade continued to surpass the national average score for all students in the nation.

Detailed statistical information on the 2005 NAEP reading assessment and all other NAEP assessments can be found on the web at: <http://www.nationsreportcard.gov>

Turkey trotters

The winners and participants in the Turkey Trot 10K Run held Nov. 5 on post, proudly pose for our camera.

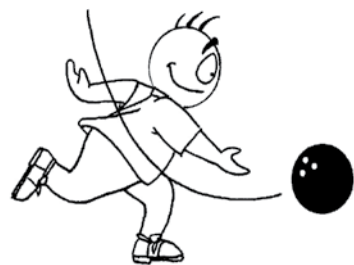
Overall winner in the race was Alfredo Rodríguez, who came in at 41:52, followed by Carlos Rodríguez (43:59), Jean Carlo Márquez (48:37) and César García (49:14).

In the women's category, María Juárez made it first with 52:15, followed by Cassandra Colón (1:01:00), Eddie L. Jusino (1:01:06) and Margarita Aponte (1:10:12).

Congratulations to all!!



Photo by Vicente Vélez



Bowling lanes closed, snack bar open

Due to a complete renovation of its sporting facilities, the Fort Buchanan Bowling Center lanes will remain closed through December 5. The center will continue to open the snack bar for its popular lunches Monday through Friday from 11:00 a.m. to 2:00 p.m.



Money for college

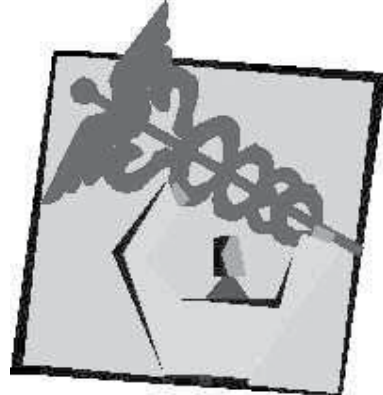
Army Emergency Relief (AER) is a non-profit organization with the primary mission of providing financial assistance to Soldiers and their family members in time of valid emergency need. The MG James Ursano Scholarship Fund administered by AER was established in 1976 as a secondary mission to help Army families with the costs of post secondary undergraduate level education, vocational training, and preparation for acceptance by service academies for their dependent children.

Applicants must be (1) dependent children, stepchildren or legally adopted children of Soldiers on active duty, retired or deceased while on active duty or after retirement. The children of gray area retirees are also eligible. (2) Unmarried for the entire academic year. (3) Under the age of 22 on May 1 preceding the beginning of the academic year.

For specific information

concerning guidelines, documentation, and deadlines please check: www.aerhq.org

Applications are available by mail from HQ AER. Applications can be printed from the website at www.aerhq.org Online applications can be submitted at www.aerhq.org For additional information contact education@aerhq.org



Federal Employees Health Benefits Open Season Nov.-Dec.

The 2005 Federal Employees Health Benefits (FEHB) Open Season will be held from November 14, 2005 through December 12, 2005. Your election or change is effective 01 January 2006. During the annual FEHB open season you may, enroll, change or cancel enrollment.

Department of the Army Employees may make open season enrollments, changes, or cancellations through the Army Benefits Center - Civilian (ABC-C) using: the Interactive Voice Response System (IVRS) by calling 1-877-276-9287. Hearing impaired employees may call 1-877-276-9833. Employees Benefits Information System (EBIS) via the web at <https://www.abc.army.mil> and select "Benefits/EBIS".

For those civilian employees participating in the Triple S Federal Health Benefit, effective 1 January 2006, your health insurance ID card for Triple S medical plan will change. SSN's will be removed from the ID card because of the HIPAA Law that has been in effect. A new number will be assigned to each Triple S member. Triple S will send you a new card in the mail. If you have a new mailing address, please make sure you contact

Triple S and notify the change in address as soon as possible. Customer Service numbers for Triple S are 787-749-4949 or 787-749-4777.

For more information, please contact us at Civilian Personnel Advisory Center, located in building 390, 1st Floor, Fort Buchanan, Puerto Rico 00934. Our office hours are Monday, Tuesday, Wednesday and Friday from 0800-1600 and Thursday 1300-1600. If you need any further assistance please call 787-707-3132, 3349, 3773, 3925.



Red Ribbon Week support: ¡Gracias!

The Army Substance Abuse Program (ASAP) sponsored the National Red Ribbon Campaign, during the week of 24-28 October 2005. Several events took place to emphasize the importance of a healthy and sober lifestyle.

The Red Ribbon Week "Kick-Off" Ceremony was honored by the participation of COL and Mrs. Ackman. Around 85 people assisted this ceremony. This activity was also supported by displays from the Puerto Rico National Guard and the DEA.

The Ft. Buchanan Commissary and AFEES donated water, juice, oranges and cakes for the delight of those present.

Substance abuse awareness displays were held at the Post Exchange and at Antilles High School.

A class on the effects of alcohol, medicines and steroids on your well-being was offered at the Fitness Center for the "Golden Age" group. Community supported also by wearing their red ribbons.

ASAP Staff wants to thank all of those who in one form or another contributed in making this Campaign a total success.



BOY SCOUTS OF AMERICA

Venturing Crew

The Venturing Crew 95 is looking for recruits in Fort Buchanan, 1145 Ausubo Street, Buchanan Heights, every Wednesday at 6:00 to 8:00 p.m.

Join the venturing crew and enjoy outings like paintball and cave exploration while learning survival skills. Members pay a very reasonable fee.

Venturing is a branch of the Boy Scouts of America, where boys and girls between the ages of 14 to 21 come together to make expeditions and activities of their choosing, while learning valuable skills.

For more information, contact the Crew Advisor, Debbie Agostini, 787-790-0702 or 787-637-9384.



Recruiters wanted

A Recruit the Recruiter team will be at the Reserve Center in Aguadilla Dec. 8 at 10:30 a.m., and at the Ceiba Reserve Center Dec. 9 at 8:30 a.m. to brief all Specialists through SFCs on the benefits, challenges and qualifications for recruiting duty. On those same days and dates, recruiters will also be looking for Warrant Officer candidates. Attendance by all NCOs is highly encouraged. Spouses may attend. For more information on becoming recruiters, contact SFC Rivera at (502) 626-0210. For additional information on Warrant Officer qualifications and possible areas of work, contact SFC Marcelino González at (502) 626-1860, or search www.usarec.army.mil/warrant

New wellness support program announced

The Department of Defense announced Nov. 4 the recent implementation of a Post Deployment Health Reassessment Program that reaches out to servicemembers three to six months after returning from deployment.

This new commanders' program complements health assessments currently being conducted for servicemembers before and immediately upon return from deployment. The department realizes deployments, especially to theaters of combat operations, may result in health or adjustment difficulties for some servicemembers. Many of these conditions and concerns take several months to become apparent following a servicemember's return home.

The new assessment program will provide additional health education to servicemembers on deployment-related health problems and treatment resources. For more information visit the Web site at <https://fhpd.osd.mil/pdhrainfo>.

Army and DoD news
on AFN Radio, 540
AM and 31.9 FM,
Fort Buchanan

EL MORRO

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The Fort Buchanan Library offers a preschool story hour along with a craft twice a month from 3 to 4 pm. December story times will be the 14th and 28 Dec 2005 at 3 pm. The theme for the 14th is Santa Visits The Library with Santa Claus giving candy and goodies to children. Bring your camera! The theme for the 28th is New Year's Hats.

The library has added another service to their program. No longer do patrons need to own a compact disc player to take advantage of the high quality sound of compact discs. If you like to listen to music while you study or relax with a book or magazine, step up to the library's circulation desk and check out a portable disc player and a headphone. Have your ID card available.

Computer Orientations @ the Library – To assist customers in accessing public computers, the library will be offering computer orientations on different subjects the first Wednesday of each month at 2 pm. Our next orientation will be Dec 7th, Register early! Space is limited!

For more information or to sign up call the Fort Buchanan Post Library at 707-3208.



ACS Holiday Food Voucher Program

Army Community Service will sponsor the Holiday Food Voucher Program. the program will issue eligible Active Duty Soldiers and family members a food voucher to purchase items in the Commissary for their Holiday Voucher Traditional Dinner.

This program is intended to supplement the Holiday dinner for eligible soldiers and their family members who may be experiencing financial hardship. The deadline for nomination is Monday, 12 December 2005 by COB at the ACS Financial Readiness Office, Bldg. 1019, Buchanan Heights. There is no rank restriction. Each nomination will be considered on an individual basis. To apply you need to be referred by your unit Commander or First Sergeant. For details call Ms. Arlene Romero at 787-707-3310.

Thursday, 1 December

4:30 pm • **How to Change Your Vehicle's Oil & Filter Class** at Fort Buchanan Automotive Skills Center. For more details call Mr. Brown at 787-707-3972.

Saturday, 10 December

8 am - 2pm • **Flea Market**, at the PX/AAFES sidewalk. Fee: \$10 per table. Vendors must be either active duty military or civilians on transportation agreement. To reserve a space or for more details call Ms. Soto, CRD/Special Events at 787-707-3778.

12 noon • **Army Family Team Building Birthday** at ACS Building 1019, Buchanan Heights. Joins us for this celebration! For more details call Mr. Berrios, ACS/AFTB at 787-707-3290.

Wednesday, 14 December

4:30 pm • **How to Change Your Vehicle's Brakes Class** at Fort Buchanan Automotive Skills Center. For more details call Mr. Brown at 787-707-3972.

Friday, 16 December

6 - 9:30 pm • **Festival of Lights in Old San Juan**, take this FREE tour with us thru the streets of Old San Juan. Trip departs from the Welcome Center. For more details call Ms Lucca at 787-707-3682. §



CELEBRATE New Year's Eve at the Community Club & Conference Center

Saturday, 31 December 2005
Dinner & Dance • Party Favors
Door Prizes • Continental Breakfast

Featuring:

Live Entertainment

- Dinner 8 - 10 pm
- Entertainment 10 pm - 1:30 pm
- Champagne Serving 11:30 pm - 12 midnight
- Continental Breakfast 12 midnight - 1 am

Dinner Menu:

Coq Au Vin (Chicken) or London Broil

Cream of Asparagus
Mixed Green Salad with House Dressing
Fresh Mixed Green Vegetables
Buttered Baby Red Potatoes
Strawberry Shortcake or Chocolate Mousse
Fresh Hot Butter Rolls

Admission:

- Single \$ 45 • Couple \$ 80

Tickets sold at the Community Club & Conference Center. For more details call CCCC at 787-707-3535 xt. 200/201



Caribbean Scoop

Fort Buchanan, Puerto Rico • December 2005
visit us on the internet at www.buchanan.army.mil/mwr

Inside:

- New Year's Eve at the Community Club & Conference Center
- ACS Holiday Food Voucher Program
- Automotive Skills Class
- Flea Market
- ACS/AFTB Birthday
- Trip to Festival of Lights in Old San Juan

Read more about these events inside at the MWR Caribbean Scoop!

"Santa Visits the Tropics"

FEATURING:

**SON D' SALSA • DJ MUSIC
DDESS HIGH SCHOOL BAND AND CHOIR**

ALSO FEATURING: THE BEST COMMUNITY FLOAT CONTEST!

- PARADE FEATURING THE COCA-COLA TRUCK! • SANTA & THE 3 WISE MEN
- and more...

You can wear your Tropical Floral Shirts to join Santa!

THANK YOU to our Holiday Event "Santa Visits the Tropics" Sponsors:

- SoBe • Candy Factory • Puerto Rico Supplies Co.
- Coca-Cola • Chocolisto & Noel cookies
- El Canario • Edy's & Popsicle Ice Creams
- Rovira Biscuits • AquaCal

Schedule of events

Recorded Holiday Music & DJ Music	1 - 9 pm
Typical Food Vending	2 - 10 pm
Inflatable Games	3 - 6 pm
Clowns/animal balloons, Arts & Craft & Information Booth	4 - 7 pm
Holiday Parade	4 - 4:30 pm
Santa's First Visit and Photo Session (Candies give away)	4:30 - 5:30 pm
DDESS High School Choir and Band	4:30 - 5:30 pm
"Best Float" Award Presentation	5:35 - 6 pm
Opening Prayer	6:05 - 6:10 pm
Live entertainment, featuring: Son D' Salsa	6:10 - 7:30 pm
Holiday Season Remarks & Tree Lighting	7:30 - 7:45 pm
Santa Claus and the Three Wise Men Visit (Candies distribution)	7:45 - 9 pm
DOD Show	7:45 - 8:45 pm
Disco Dance for Teens at Beamers Disco Room	8 - 10 pm
DJ Music from Commissary Employees	9 - 10 pm

Note: Schedule is subject to change due to inclement weather or unforeseen situations.

TEEN HOLIDAY DANCE AT THE DISCO!

Friday, 2 December, 8 - 10 pm at the Community Club & Conference Center. Free!
Bring your friends and have a great time.